



## **PADMA SPA by Plataran**

Welcome to Padma Spa at Plataran Borobudur Resort & Spa

Embrace tranquillity, serenity and bliss

A sanctuary to reconnect mind and heart through Indonesia's heritage rituals

Fused with Asian & Western techniques for the ultimate health and wellness benefit

Creating an uplifting sense of relaxation and wellness

Surrender to our indulging Padma Spa experience

See and feel the benefits in appearance, spirit and overall sense of well-being



## **PADMA SPA AT PLATARAN BOROBUDUR RESORT & SPA**

### PADMA SPA

Age old Buddhism and Javanese practices play a significant role in creation of our rituals.

With the concept of Javanese authenticity, escape into tranquillity surrounded by lush greenery and the view of the magical Borobudur temple.

The spa's superior services explore the world of possibilities, from indigenous healing to unparalleled practices but always represent a balanced element within the whole.

### CUSTOMIZATION

Intertwining authentically crafted Indonesian therapeutic rituals with today's purest products and proven techniques, we usher guests into an enveloping experience like no other. Our commitment is to harmoniously restore our guest's mind, body and soul with a respite that is spiritual, cultural and emotional.

### SIGNATURE SELECTIONS

For guests who desire locale-inspired experiences, each Padma Spa offers an exclusive selection of treatments featuring techniques and ingredients inspired by its region's distinct characteristics and unique traditions.

#### *Atma Buti Resonance*

Used in many meditational processes in Buddhist temples, the singing bowl ritual creates harmonious sounds, bringing forth moments of peace and calm.

#### *Borobudur Herbal Kizhi*

Warm herbal ball massage that provides deep relaxation, relieves stress and fatigue

Signature massage oil is Laksmi Elixir from infused lemongrass, sandalwood & cedar wood.

#### *Signature body exfoliate & mask*

*The Laksmi* - rice, lemongrass & sandalwood powder, and fresh candlenut blended with grapefruit essence

*The AvarNa* - infused sandalwood, white clay and grape fruit



## **PADMA SPA SIGNATURE**

Experiences designed to relax, revive and renew...allowing you to enjoy complete fulfillment

### **Padma Matcha Paramita 150 minutes**

Foot ritual | Padma Marmabhyangam | Natural Padma Facial | Green Tea & Avocado Exfoliate  
Infused Green Tea, Citrus & Pandanus Soak | Herbal refreshments

Inspired by the Sanskrit of Paramita, that which has reached the other side, implying perfection, Reveal your skin's full potential with this remarkable ritual combining a tension alleviating massage, followed by instant glow facial, then full body exfoliation, and soothing soak leaving your skin looking alive and lustrous. Rich antioxidants will cleanse and hydrate the skin giving it a fresh and perfect complexion.

### **Borobudur Prana Vitality 120 minutes**

Food Ritual | Java Nadi | Atma Buti Resonance | Lemongrass & Sandalwood Exfoliate  
Lemongrass & Milk Bath | Herbal refreshments

Derived from the Sanskrit word Prana, which is cosmic energy and life force that fills you with vitality, positivity and joy. In traditional Buddhist practices singing bowls are used as a gateway for meditation, trance and an induction into self-observation. Singing bowls are combined with a gentle oil massage to open the Chakras and uniting body and mind in a relaxed state. Start the journey with deep thumb friction massage followed by echoes of the singing bowl. Ritual includes lemongrass infused exfoliation and soak leaving a softer, smoother and radiantly healthy appearance.

### **Padma Astana Beauty Ritual 180 minutes**

Back massage therapy | Organic white lotus facial | Hair revival ritual  
Express manicure or pedicure

Take on the resonance of the beautiful Sanskrit name, the Lotus palace. Your journey begins with a back treatment to balance and relax the nervous system. Whilst the skin is relaxed on a deep level enjoy a facial containing white lotus essence to restore glowing radiance to the skin.

Experience an invigorating and restorative hair revival that nourishes the hair and hair follicles with vital minerals and oils. Finish the majestic look with sparkling nails, fit for a queen in the palace.



## MASSAGE BODY WORK

### EXPERIENCE TRADITION

Healing modalities have been an integral part of cultures throughout Indonesia for many generations. Padma Spa has captured the essence, using ingredients for massage that are indigenous to the archipelago, offering a unique taste of a profound experience.

#### **Padma Marmabyangam                      60/90 minutes**

Marma in Sanskrit is energy point massage, a therapy that combines best massage techniques of Swedish strokes, Thai massage and Hawaiian Lomi-Lomi with fragrant wood essential oil. Intense yet soothing strokes characterize this extraordinary massage, toning the skin and muscles. Warm pads are placed along the back and neck muscle to relieve ache and pain.

#### **Java Nadi    60/90 minutes**

A therapy influenced by "Keraton", the Javanese Royal Court, practiced by the elderly masseuse, known as "Mbok Pijat". In Sanskrit Nadi means "channel", where therapist are instruments of indulgence. The massage technique incorporates deep palm and thumb pressure to ease muscles and joint pains, and improve blood circulation. A slow cranial massage will further induce a blissful state.

#### **Atma Buti Resonance                      75 minutes**

Literally meaning Soul Medicine, four metal Tibetan singing bowls are 'played' with a wooden stick to emit a soothing sound that assists in meditation and releases mantras. It works harmoniously to balance the chakra and strengthen the immune system. This deeply relaxing vibration is followed a body massage that will restore the mind and decrease any tension in the body.

#### **Borobudur Herbal Kizhi                      90 minutes**

Derived from Sanskrit, kizhi is pouch therapy. A true gift of authentic Indonesian healing, this ritual is a vigorous yet restorative therapy. Using specially blended combination of tamarind, ginger, cinnamon and clove within a steamed hot muslin ball compress. Unwind with a back massage followed by lemongrass milk bath. Your aches and pains will be relieved, promoting healthy circulation and tones the skin.



## CUSTOM CARE

Provided by some of the finest in their fields, our personalized massage services are designed to address your individual needs. Some benefits include: improved circulation, muscular toning, tension release, enhanced sleep and relaxation

### **Vishesh Massage** **60 / 90 minutes**

An ancient Sanskrit term meaning "special" this powerful, dynamic, deep-tissue massage of the whole body is performed using massage oil to release built-up muscular tension, release pain in tight, aching muscles. Stretching, draining and cross muscle fibre techniques are combined to improve circulation and release toxins from the skin. Totally unique to each guest, the therapist will identify muscle tension and use deep tissue therapy to release the knots.

### **Sole to Soul** **60 / 90 minutes**

A unique foot and lower leg spa treatment that targets aches and pains holistically. The nerve reflexes in the foot correspond to all the major organs. Gentle massage of specific points will restore balance and harmony to the body and deeply relax. Helps fluid retention around the knees and ankles. Suitable for mothers-to-be.

### **Padabhyanga** **60 / 90 minutes**

'Pada' in Sanskrit means foot, and this foot massage is inspired by a powerful traditional Chinese medicinal method, reflexology. It is a precise and intensely healing treatment that targets points on the soles of the feet, stimulating specific internal organs and releases flow of energy throughout body meridians. Trained in reflexology techniques, our therapists will recommend best treatment, great for before or after long flights.

### **Deva Upasama** **30 minutes**

In Sanskrit Deva means heavenly and Upasama is relaxation. Whether you seek relief for overexerted muscles, or simply want to let your mind and body escape reality, your massage therapist will customize your treatment using a variety of techniques to achieve ultimate relaxation, rejuvenation, and results in the head, neck and shoulder parts.



## BODY SCRUBS & WRAPS

Our body treatments incorporate quality products that are natural, locally sourced, proven to be effective for both mind and body.

### Scrubs

#### **The Sari** **45 minutes**

Sandalwood Exfoliate | Infused floral milk soak | Herbal refreshments

The term Sari means “essence” in the ancient Sanskrit language depicting a ritual that combines rare and precious active ingredients that intensely regenerates the skin. Starting with sandalwood body scrub to cleanse and refine the skin. Continue with melukat, literally translated as purify in Balinese, which is a spiritual cleansing ritual aimed to achieve self-purification, in a floral milk soak infused with Rose and Kananga, leaving the mind, body and spirit uplifted.

#### **The Samskara** **45 minutes**

Green tea & avocado exfoliate | Infused citrus mint soak | Herbal refreshments

This Sanskrit “body cleansing” ritual is packed with white rice, green tea and lemon essential oil, to free radicals from the body, exfoliate and improve the texture of the skin. Experience a journey amidst subtle fragrances of citrus mint bath. Nourishing both the physical and emotional wellbeing, it leaves the skin glowing with health and the body infused with a sense of joy.

#### **The Laksmi** **45 minutes**

Sandalwood, lemongrass, candlenut & grapefruit exfoliate | Infused lemongrass herbal milk soak  
Herbal refreshments

Inspired by the beauty Goddess Laksmi that dwells in Sandalwood tree, this body scrub offers a soothing and moisturizing experience. The scrub contains ground rice, sandalwood, lemongrass, fresh candlenut combined with essence of grapefruit, natural ingredients teeming with de-ageing benefits. End the experience with a lemongrass herbal milk bath leaving the skin intensely regenerated, radiant and smooth.



## Wraps

### **The Saucha**

**45 minutes**

Green tea wrap | Infused citrus mint soak | Herbal refreshments

Translating as "purity", this wrap is a powerful treatment for lavishing nutrients and vitamin C into stressed skin. Helps to restore skin purity helps to smooth, reduce irregular pigmentation and brightens the skin to deliver instant results

### **The AvarNa**

**45 minutes**

Sandalwood, white clay & grapefruit wrap | Infused lemongrass herbal milk soak  
Herbal refreshments

AvarNa, Sanskrit noun for "envelopment," is a beautiful description of this ritual's cocooning effect. This specialised anti-aging wrap combines herbal tincture of sandalwood, white clay and grape fruit. These powerful ingredients support cells when under stress. Continue with a cleansing ritual of lemongrass herbal milk soak. Inducing feelings of deep peace and beautifully glowing skin.



## FACIALS

Padma Spa facials are categorized by the needs of your skin, and available for your choosing. Based on your selection, an expert aesthetician will provide the utmost care using products perfectly formulated for results, leaving you looking and feeling your best.

### **Sundara Radiance**                      **80 minutes**

From the Sanskrit term Sundara, meaning wholeness, purity and radiance. This revitalizing, stress-relieving treatment utilizes the natural benefits of jade and powerful essential oils to awaken the senses and brighten the skin. The ritual combines aromatherapy natural cleanser and toner, green tea scrub and mask. Warm herbal poultice is gently massaged into shoulder, neck and acupressure points. Followed by smooth Jade, renowned for its healing benefits, to ease deep tension and stimulate the flow of Qi. Producing a wholeness, purity and radiant skin.

### Pevonia Botanica

Experience superlative, results driven in-spa treatments precisely formulated with the most potent natural ingredients. All formulas are proven non-comedogenic, contains no mineral oil, lanolin, artificial fragrance, artificial colours, alcohol or parabens.

### **Organic Black Tea**                      **60 minutes**

Anti-aging – Lifting, firming, reduce wrinkles. Renders your skin luminous and youthful. Rich in black tea Kombucha, elastin polypeptides and sorghum with powerful repairing and tightening benefits, ideal for any skin type showing signs of aging, or works as the perfect instant repair boost.

### **Organic White Lotus**                      **60 minutes**

Contains pure organic aromatherapy elixirs & botanical actives formulations to purify, balance & renew the skin. Features customised face and chest massage with rejuvenating eye mask and gel. Improves your skin naturally and restore normal, balanced moisture levels, leaving skin radiant, softer, and hydrated.

### **After Sun Soother**                      **30 minutes**

An alleviating treatment that provides soothing relief and hydrates the skin. Comforting and healing Green Tea and White Lotus essence combine to decongest and calm skin for an even calm appearance.

### **Express Organic White Lotus**                      **30 minutes**

The best solution for those with limited time but want instant glowing result. Harnessing the balancing power of Lotus plant energies to normalize the pH of the skin for a visibly younger and energetic complexion. A mask using pure essential oil blends followed by a rich multi-vitamin to restore freshness and radiance.





## HANDS & FEET

Our salon allows you to relish in the comfort of our luxurious lounges, as we cater to your hands and feet.

### **Perfect Hand** **60 minutes**

A manicure including buffing, nail shaping, cuticle care, exfoliation, relaxing massage and expert polish application.

Total indulgence for the hands, with a stimulating scrub and massage routine followed by essential nail maintenance and grooming. A special blend of vanilla and bergamot powder is used for gentle exfoliation and rich hand cream replenishes the skin and provides an added layer of protection for the cuticles.

### **Flawless Feet** **75 minutes**

A pedicure including nail shaping, cuticle care, relaxing foot massage and expert polish application.

It begins with a foot scrub, followed by a foot bath and massage along with essential nail care. Exfoliates of bamboo scrub will smooth and buff your skin, and rich cream layer that leaves the feet absolutely clean and fresh.

### **Perfect Hands Express** **30 minutes**

A manicure including buffing, nail shaping, cuticle care and expert polish application.

### **Flawless Feet Express** **30 minutes**

A pedicure including buffing, nail shaping, cuticle care and expert polish application.



## HAIR & SCALP

Our highly trained stylists provide fabulous creations and finishing touches for the polished individual, the trendy traveller and the bride-to-be.

### **Chic Wash**

A refreshing shampoo and conditioning, followed by blow dry.

### **Chic Style**

Our expert hair stylists truly listen to your requirements to ensure your hair suits you perfectly.

### **Chic Cut**

Effortless, flawless and style... Create your signature look with us

### **Traditional crème bath                      Short / Long**

An intense hydrating crème hair bath with nourishing base of green tea or black chocolate. A clay-based mask is massaged into the hair and scalp and left to condition, strengthen and hydrate while our therapist soothes your neck and shoulders with a combination of pressure point and palm strokes. A warm steam is applied to open pores followed by a cool rinse with our signature shampoo and conditioner.

### **Traditional Masque                              Short / Long**

A treatment that will strengthen and soften the hair, repair damage and restore amazing suppleness and shine. Recommended for chemical - processed hair.

### **Hair Revival    Short / Long**

Massage with essential oil | Shampoo | Hair mask | Conditioning

Combining scrub and acupressure, this invigorating and restorative treatment relieves tension in the head and neck whilst nourishing the hair and hair follicles with vital minerals and oils.



## PADMA SPA ETIQUETTE

### **Hours of operation**

Opening Hours: 09.00 – 21.00 (9AM – 9PM)

Last Booking : 19.30 (7.30PM)

### **Special Request**

Should you request for a specific therapist, we will make every effort to accommodate your preference. All therapists are professionally trained for our treatments and draping protocol.

### **Medical Alert**

Please alert the spa reception and your therapist if you are undergoing any following medical conditions or taking any form of medication: pregnancy, muscle or joint injuries, high blood pressure, history of plastic surgery or other surgery, or use of skincare medications. Please note that certain medical conditions could affect your choice of treatment. Our therapist will recommend suitable and modified treatments to expectant women or nursing mothers.

### **Valuables**

Although it is recommended to avoid bringing valuable belongings for your treatment, if worn, please place them in the jewellery box provided at the spa. Please note that Padma Spa will not be responsible for any lost, stolen or misplaced items on the spa premises.

### **Attire for treatment**

For your comfort, we will provide you a bath robe, disposable panties, and slippers.

### **Pricing Conditions**

Pricing and treatments are subject to change at any time without any notice. All prices indicate starting price and exclude 21% government and service charges.

### **Age limitation**

Padma Spa facility and treatments are for guests 12 years of age or older. To respect the tranquil environment, children under 12 years old must be accompanied by an adult.

### **Booking Time**

Last treatment must be booked before 7.30 PM. We recommend you to make an appointment 24 hours in advance by contacting our spa directly.



#### SPA CANCELLATION POLICY

Should there be any changes or cancellations of the appointment, please call Padma Spa on extension 105, at least 4 hours prior to your booking time, to avoid full cancellation fee.

#### **Walk-in appointments**

Although welcomed, guests are encouraged to make arrangements in advance. All reservations must be secured with a credit card and a telephone number. To schedule your appointment(s), please call our spa desk at (0293) 788 888 ext 105. Guests staying in the resort may dial extension 105 from the room.

#### **Pre-Arrival time**

We request you to arrive at least 10 minutes prior to your appointment. This will allow you time to register, enjoy a welcome drink, and relax before the treatment. Should your arrival be delayed, please note that your treatment time will be reduced accordingly in order to respect the booking time of the next guest.

#### **Spa Tranquility**

To preserve the tranquillity of our spa environment, all mobile devices should be switched off within the spa premises. Padma Spa is a non-smoking environment.

#### **Meals before treatment**

To receive the full benefits of your treatment, we recommend not to eat two hours prior to your appointment.

#### **Treatment oils**

It is highly recommended not to wear any perfume, heavy aftershave, or scented lotions in order to benefit the most out of our special herbs and oils used during the treatment. It is not necessary to take a shower after the treatment as all spa products used are made out of quality ingredients.

#### **Room & Ambiance**

To meet your highest expectation, please let us know if we can adjust the room temperature, music volume or the pressure level of your treatment.